



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Personal Trainer

GLENWOOD PARK YMCA

ALEKS

**Certified Personal Trainer,
Certified through NCSF**



I am very excited to begin sharing my knowledge with the members of the Glenwood Park Y. I come from Ukraine and have been living in the states since the early summer of 2023. While English is not my first language, the principles of fitness and wellness are universal. With my 10 years of experience and over 2000 clients, men and women from teenagers to adults, I am confident in my ability to help members reach their goals.